

# 5 A Day the Preschool Way Module



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# 5 A Day the Preschool Way



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# 5 A Day the Preschool Way

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### CD

In addition to the hard copies of materials contained in the module a CD is included with PDF files. We chose to save the files in a PDF format to maintain their integrity. The materials can be used as you implement the module in your center. Print those files you want to use and make as many copies as you need. The parent letter is also available in Microsoft Word® to allow for customization at each center.

To open and print the PDF files, you must have Adobe® Acrobat® Reader® installed on your computer. Adobe® Acrobat® Reader® is available free on the Internet at [www.adobe.com](http://www.adobe.com).

You will also find a parent PowerPoint presentation on the CD. To open the PowerPoint presentation (created with PowerPoint 97), you must have PowerPoint installed on your computer.

To modify the presentation, you will have to save it to your hard drive – using a different file name, make the changes you want and then save it to another CD. When preparing for your presentation, select Notes Page View. In this view you will find talking points for each slide.

# 5 A Day the Preschool Way

## Introduction



# 5 A Day the Preschool Way



## Introduction

Welcome to **5 A Day the Preschool Way**, a resource module for centers participating in the Child and Adult Care Food Program (CACFP). The 5 A Day for Better Health Program recommends that all Americans enjoy the great taste and health benefits of at least five servings of fruits and vegetables a day as part of a lower-fat, higher-fiber eating style. Developing healthy habits and an appreciation of fruits and vegetables during the preschool years is the first step to meeting this recommendation. Young children are naturally curious, so this is a great time to start. Healthy habits are also supported when CACFP participating centers create supportive nutrition environments.

Inside this module you will find many tools to assist in improving the child care center nutrition environment. There are circle time and classroom activities, coloring sheets, parent handouts, kid-friendly recipes and other resources. Some of the activities explore or introduce the concepts of counting or color matching using fruits and vegetables.

The module includes:

- 5 A Day in the Classroom
  - Circle Time
  - Cooking and Tasting Activities
  - Physical Activity
  - Art/Music
  - Field Trips and Gardening
- 5 A Day Parent Handouts
- 5 A Day Resources
- "Give me 5 a day!" book from Florida Department of Health
- Two Classroom Posters
- A plush "seedling"

Several of the resources in this module were adapted from materials in the N.C. 5 A Day Toolkit. An order form for the Toolkit can be obtained by calling 919.715.3375 or by downloading it from the N.C. 5 A Day Coalition website at [www.eatsmartmovemorenc.com/programs/fiveaday/fiveaday\\_orderform.pdf](http://www.eatsmartmovemorenc.com/programs/fiveaday/fiveaday_orderform.pdf). The cost for the Toolkit is \$45 plus shipping and handling.

Other resources were adapted from the Texas Department of Health, Arizona 5 A Day, Eat Right Montana and Florida's Five A Day programs or materials. Additional materials are reprinted here with permission from Dannon Institute's Celebrate Healthy Eating™ series.

# 5 A Day the Preschool Way



## Introduction (continued)

### Additional Resources

There are many other resources available to help staff reinforce the 5 A Day message. These range from picture books for preschoolers to electronic information on the Internet. Suggestions from three other nutrition education curricula, **Color Me Healthy**, **Tickle Your Appetite** and **Nibbles for Health** are also included in this module.

### Food Safety Reminder

When doing any activity with food, proper sanitary practices cannot be stressed enough. Make it routine to sanitize the work area and wash hands at the beginning and the end of all food activities. Always watch children during meals and snacks. Young children, ages 2 to 3 especially, are at risk of choking on food. Many of the cooking and tasting activities are best done with small groups of children to allow for adequate supervision. Following sanitation guidelines and providing close supervision will help assure the safety of the children as you explore the module.

# 5 A Day the Preschool Way

## 5 A Day for Better Health Fact Sheet



The 5 A Day for Better Health program is the nation's largest public-private nutrition education initiative, with 5 A Day coordinators in each state, territory, and the military. The 5 A Day for Better Health program was developed in 1991 as a partnership between the National Cancer Institute and the Produce for Better Health Foundation. In 2001, the National 5 A Day Partnership was formed to guide the 5 A Day program into the future with an expanded base of health-oriented government agencies, businesses, and non-profits willing to commit significant resources to the 5 A Day effort.

The National 5 A Day Partnership is an alliance of federal agencies, private industry, and health organizations that have joined forces to strengthen efforts to help all Americans meet the recommendations of the Dietary Guidelines for fruit and vegetable consumption. The ultimate goal is to increase fruit and vegetable consumption to 5 A Day for 75 percent of Americans by 2010.

### Mission of the 5 A Day for Better Health program

To increase consumption of fruits and vegetables to an average of five or more servings a day to improve the health of Americans.

### Objectives of the 5 A Day for Better Health program

- To increase public awareness of the importance of eating at least five servings of fruits and vegetables every day for better health.
- To provide consumers specific information about how to incorporate more servings of fruits and vegetables into daily eating patterns.

# 5 A Day the Preschool Way

## Why is 5 A Day Important?



The 5 A Day campaign is built on studies that indicates an eating style with plenty of fruits and vegetables can help prevent three of our nation's major killers: heart disease, cancer, and stroke. According to National Cancer Institute (NCI), eating more fruits and vegetables is one of the most important lifestyle changes people can make to decrease their risk for chronic diseases. NCI recommends eating at least five servings of fruits and vegetables, every day, from early childhood throughout life.

The 5 A Day program is based on the same recommendations used in the United States Department of Agriculture/Department of Health and Human Services (USDA/DHHS) Food Guide Pyramid and the USDA/DHHS Dietary Guidelines for Americans. Both recommend that Americans eat *between 5 and 9 servings of fruits and vegetables a day*.

The USDA Food Guide Pyramid specifically recommends 2 to 4 servings of fruit and 3 to 5 servings of vegetables a day for a total of 5 to 9 servings. The number 5 really only applies to young children. In 1999 the USDA issued the Pyramid for young children, which specified that children ages 2 to 6 years should eat 3 servings of vegetables a day and 2 servings of fruit for a total of 5 – older kids and adults should eat more.

In addition, science continues to support the relationship between eating more fruits and vegetables and a reduced risk for cancer, heart disease, hypertension, diabetes and other chronic diseases. With the more specific 5 to 9 message, 5 A Day is giving Americans an easy and reachable goal. Even with these recommendations, the bottom line is still "the more fruits and vegetables you eat, the better."

Eating more fruits and vegetables and eating less high-fat food can decrease several of the risk factors for coronary heart disease and cancer. Of all the dietary factors thought to be related to cancer, the evidence for eating more fruits and vegetables to prevent cancer is strongest. Nearly 200 studies have shown a strong relationship between a low consumption of fruits and vegetables and increased cancer incidence. Colon, lung, oral cavity, larynx, esophageal, stomach, bladder, uterine and pancreatic cancers are thought to be associated with eating too few fruits and vegetables.

# 5 A Day the Preschool Way

## Why is 5 A Day Important? (continued)



### Do North Carolinians Meet the 5 A Day Goal?

While no data exists on very young children, the following 5 A Day facts exist for students aged 11 or younger from the 2001 Youth Risk Behavior Survey, which gathered information about students' eating patterns for seven days. The survey found:

- 31.6% of students drank 100% fruit juice one or more times per day
- 26% of students ate fruit one or more times per day
- 9.5 % of students ate green salad one or more times per day
- 7.9% of students ate potatoes one or more times per day
- 6.1% of students ate carrots one or more times per day
- 22.4% of students ate vegetables one or more times per day

The data on adults and youth indicates that we need to teach young children about the importance of eating plenty of fruits and vegetables at an early age. Spreading the 5 A Day message in our homes, schools, churches and communities will help North Carolinians improve their intake of fruits and vegetables and be on the road to better health.

### Where Can I Get More Information About 5 A Day?

North Carolina 5 A Day Coordinator  
Physical Activity and Nutrition Branch  
North Carolina Department of Health and Human Services  
1915 Mail Service Center  
Raleigh, NC 27699-1915  
(919) 715-3829

[www.nc5aday.com](http://www.nc5aday.com)

[www.5aday.com](http://www.5aday.com)

*Adapted from the Texas 5 A Day Week and N.C. 5 A Day Idea Kit*

# 5 A Day the Preschool Way



## What counts as a serving of fruit and vegetables?

The USDA Food Guide Pyramid recommends 5-9 servings of fruits and vegetables every day. And getting 5 to 9 servings is easier than you may think.

### A serving size is:

- One medium-size fruit
- ½ cup raw, cooked, frozen or canned fruits (in 100% juice) or vegetables
- ¾ cup (6 oz.) 100% fruit or vegetable juice
- ½ cup cooked, canned or frozen legumes (beans and peas)
- 1 cup raw, leafy vegetables
- ¼ cup dried fruit

### Wondering how many servings you really need each day?

- Children (2-6 years), women and others who typically need about 1,600 calories to reach or maintain a healthy weight:
  - **5 servings: 2 fruits and 3 vegetables**
- Older children, teen girls, active women and most men who typically need about 2,200 calories to reach or maintain a healthy weight:
  - **7 servings: 3 fruits and 4 vegetables**
- Teen boys and active men, who typically need about 2,800 calories to reach or maintain a healthy weight:
  - **9 servings: 4 fruits and 5 vegetables**

### It All Counts

Often when people think about 5 A Day they think of mostly fresh fruits and vegetables. And while nothing beats the taste of a fresh, juicy strawberry, there are so many other great alternatives to fresh fruits and vegetables. These include frozen, canned, dried, and juiced varieties of fruits and vegetables. The good news is that these forms of fruits and vegetables can be just as nutritious and delicious as the fresh varieties, but will often cost a little less. So, experiment with different forms of fruits and vegetables.

Please note 5 A Day encourages us to eat more fruits and vegetables as part of a higher-fiber, lower-fat eating style. For that reason, food like French fries, fruit cobblers, olives, pickles and deep-fried vegetables don't count toward your 5 A Day because of their high fat, salt and/or sugar content.

# 5 A Day the Preschool Way

## Five Points to Remember



**#1 Enjoy at least five servings of fruits and vegetables EVERY day!**

**#2 Enjoy at least one vitamin C-rich selection every day.**

- 1 orange
- ½ cup cooked frozen broccoli
- 1 kiwi fruit
- ½ cup canned tomato sauce
- ¾ cup grapefruit juice

**#3 Enjoy at least one vitamin A-rich selection every day.**

- ½ cup raw carrots
- ½ cup cooked spinach
- ½ cup canned peaches
- ½ cup butternut squash
- 1 medium sweet potato

**#4 Enjoy cabbage-family vegetables several times a week.**

- ½ cup raw broccoli
- 4 cooked Brussels sprouts
- ½ cup cooked cauliflower
- ½ cup cabbage
- ½ cup kohlrabi

**#5 Enjoy at least one higher-fiber selection every day.**

- ½ cup cooked winter squash
- ½ cup frozen peas
- ¼ cup raisins
- ½ cup canned black beans
- 1 medium apple